


SBRC Gym Schedule

SEPTEMBER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
6:00am	Open Gym 6:00-12:00	Open Gym	Open Gym 6:00-12:00	Open Gym	Open Gym 6:00-12:00				
6:30am		Bootcamp 6:30-7:30 not 9/2		Bootcamp 6:30-7:30 not 9/4					
7:00am									
7:30am		Open Gym 7:30-8:50		Open Gym 7:30-8:50					
8:00am						Open Gym 8:00-5:00	Drop-in Adult Basketball 8:00-11:00		
8:30am		Drop-in Total Body Fit 8:50-9:50		Drop-in Total Body Fit 8:50-9:50					
9:00am									
9:30am		Open Gym 10:00-11:30		Open Gym 10:00-11:30					
10:00am							Open Gym 11:00-12:00		
10:30am									
11:00am									
11:30am		Drop-in Adult Basketball 11:30-1:30		Drop-in Adult Basketball 11:30-1:30			Youth Volleyball 12:00-3:00		
12:00pm	Drop-in Sprts Conditioning 12:00-1:00		Drop-in Sprts Conditioning 12:00-1:00		Drop-in Sprts Conditioning 12:00-1:00				
12:30pm									
1:00pm	Open Gym 1:00-2:30	Drop-in Pickleball 1:30-3:30	Drop-in Adult Bball 1:00-2:30	Drop-in Pickleball 1:30-3:30	Open Gym 1:00-2:30				
1:30pm							Open Gym 3:00-5:00		
2:00pm									
2:30pm	Drop-in Youth Basketball 2:30-5:00		Drop-in Youth Basketball 2:30-5:00		Drop-in Youth Basketball 2:30-5:00				
3:00pm		Open Gym 3:30-6:00							
3:30pm									
4:00pm									
4:30pm									
5:00pm	Kickboxing 5:00-6:00		Kickboxing 5:00-6:00	Open Gym 3:30-9:30	Open Gym				
5:30pm					Drop-in Badminton 5:45-8:00				
6:00pm	Women's Basketball 6:00-9:00	Men's B League Basketball 6:00-10:00 begins 9/16	Open Gym 6:00-9:30						
6:30pm									
7:00pm									
7:30pm									
8:00pm									
8:30pm									
9:00pm	Open Gym								
9:30pm									

GYM SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME

For more information call 303-441-3448 or go to [Http://www.boulderparks-rec.org](http://www.boulderparks-rec.org)